**Our Healthy Clarence Steering Committee**

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| Date and Time | Thursday 15th February 2018, 10am – 1pm |
| Venue | Education Room One, The Education Centre, Grafton Base Hospital |

**MINUTES**

| Topic, Discussion & Outcomes | Who |
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| * 1. **Present:** Susan Howland (Carer Representative), Allister Donald (Lifeline), Jason Donofrio (Lifeline), Dan Griffin (Clarence Valley Council), Sue Hughes (NSOA), Meghanne Wellard (Education), Shayne Rawson (CHESS), Kati Jacobs (Cranes), Deborah Novak (Community Member), Jason Grimes (Headspace), Mark McGrath (Headspace), Jack de Thierry (NCPHN), Glen Bailey (Social Futures), Vicki Forrest (Social Futures), Mark O’Farrell (McAuley College) Michelle (Grafton Public School),   2. **1.2 Apologies:**   Skye Sear (NSOA), Richard Buss (NNSW LHD), Jeremy Jablonski, Jamie Burkitt & Gabi Andrew (Clarence Youth Action), Sharon Monaghan (PMC), Sam Osborne RAMHP), Mardi Dunbar (StandBy Response),  **Sue Howland** offered to Chair meeting in the absence of Dan Griffin (Accepted)  Welcome to country (Sue Howland) | |
| **2. Declaration of Pecuniary Interests, Conflict of Interest (actual, perceived or potential)** | |
| Nothing declared. | |
| **3. Review & Acceptance of Minutes** | |
| Minutes accepted by Sue Hughes & Shayne Rawson.  Introduction from attendees  Letter tabled from Richard Buss (NSWLHD). Read to forum by Sue Hughes | |
| **4. Business Arising –** See Action List |  |
| **5. Working Group Updates** |  |
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| * **Working Group 1** - ‘*Improving access to evidence based treatment, crisis care and coordinated care after a suicide attempt’*: * **Working Group 2 –** ‘*Improving the capacity of the workforce and the community to respond to people at risk of suicide’***:**   **PHN Suicide Prevention**  Mental Health First Aid courses are scheduled and on target for completion by end of June.  Currently collecting information for Survey Monkey to run a stats response on effectiveness of program.  If anyone on the committee has registration lists and emails for classes held in 2017, please forward to [kjacobs@cranes.org.au](mailto:kjacobs@cranes.org.au)  So far, the informal results show that people are feeling much more comfortable dealing with others with mental health issues.  **The Way Back**  Up and running. Having a little difficulty getting the EDs to refer, but expect this to change as they see the value. The program took our first referral last week. We continue to make trips to the hospitals to talk with the physicians and nurses about the program. We were able to include AMS as a referring agency, and if the person has a MH issue, their case worker can also refer. The person does not have to have attempted suicide, but can be referred based on suicidal ideation in that they have started to create a workable plan to end their life.  The program, like the Recovery House, is focused on developing ‘wellness’ resources for the individual.  **The CRANES Recovery House** (previously ‘Alternative to Hospital’  People had the wrong idea about the “Alternative to Hospital”. They thought it was just a place to sit around and not do anything while they waited for a place to live. We wanted a name that would reflect that the House is a place to *actively* recover so we can cut down on hospital recidivism. We are putting into practice what we believe was the intent of the House all along.  We are taking steps to create a ‘program’ while people are in the House for 12 weeks, followed by a support program for the 12 weeks following. The program is ‘loose’ in that it is individualised and will work toward specific individual needs while supporting the person to make measurable progress in their recovery – recovery meaning (not ‘cure’) a return to having some power and direction in their lives. | PHN/CRANES/NNSWLHD  Kati Jacobs |
| * **Working Group 3 –** | Meghanne Wellard |
| * **Working Group 4/5 –** ‘*Improving community awareness of mental health and how to access information and services’ and ‘Improving community engagement, early intervention and prevention’***:**   + - * + Fridge magnets have been printed and distribution commenced in Jan. The local Newspaper the Independent is enabling OHC to stick the magnets on each paper each week for distribution around the Clarence Valley. Other distribution points include State and Federal Members, Council offices, Medical Centres, Community Health Centres, Ambulance and Emergency Services, Pop Up Hubs, headspace, etc.         + Community Presentations to Maclean and Yamba Rotary, Grafton Chamber of Commerce with more booked over coming months.         + Participation at World No Tobacco Day at Maclean, Apology Day and Jaca Thursday in Grafton         + OHC Website has been completed and awaiting Advisory Committee go ahead before launching         + Developing a Community Engagement Strategy with Sam Osborne and Mark McGrath         + Mental Health Month Committee to be established. If interested in joining contact Sue, first meeting scheduled for Feb.         + Digital Mental Health Resources emailed recently and added to OHC website. Excellent resource | Sue Hughes |
| **8. Committee Member Update;** |  |
| Glenn Bailey (WIN Project) provided overview of the Project and seeking referrals for the training. |  |
| Sue Hughes acknowledged for her efforts and contribution |  |
| Headspace running a series of youth workshops targeting parents and carers |  |
| Robyn Considine returning to the Clarence Valley to conduct a review of the OHC in April. Invitations will be emailed inviting participation across the Clarence. Face to face interviews or by phone will be arranged by Uni Newcastle. Uncertain when report will be completed. |  |
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| Review of OHC to put on hold until Robyn Considine’s report is released. Consider holding community meetings to highlight progress and developments with a wellbeing focus and transition from suicide prevention. |  |
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| Application for membership received from Aboriginal Men’s Group Grafton received and supported by the Steering Committee. | Sue to include in meeting requests and send background information on OHC |
| **11. Next Meeting**  Thursday 29 March 2018 – Grafton Base Hospital Education Centre, 10am to 1.00pm. | NCPHN |

**ACTION LIST**

| Action | Who | Due Date | Outcome | Date completed |
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| **Completed Actions;** |  |  |  |  |
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